



Kids Fitness! is a fitness, strength and sports conditioning program designed to inspire kids ages 6 - 11 to get up, get moving, and get in shape! Reports show that, "children need 60 minutes of active and vigorous play every day to grow up a healthy weight."

Workouts are designed to instill simple strategies and tactics that will change their body composition, improve strength, balance, coordination, flexibility, and cardio respiratory endurance which makes the heart stronger.



Program Fees:

\$54.00 per participant
or
\$5.00 daily drop in

Session A:

Monday & Wednesday
Sept. 5—Oct. 12 (6 weeks)
6:00 p.m. - 6:45 p.m.

Session B:

Tuesday & Thursday
Sept. 6— Oct. 13
7:15 p.m. - 8:00 p.m.

Betty T. Ferguson Recreational Complex
3000 NW 199th Street
Miami Gardens, FL, 33056
(786) 279-1222

